

GERMANTOWN

★ ATHLETIC CLUB ★

Germantown Athletic Club is a full-service health and fitness facility with state-of-the-art equipment and expert staff, located in one of the most desirable communities in the Mid-South. Germantown Athletic Club members have discovered our unique atmosphere of camaraderie unlike any other fitness club around. Through innovative fitness and lifestyle programs, our friendly, professional staff will inspire and support you in your commitment to enhance your quality of life.

MEMBERSHIP BENEFITS

- Unlimited Group Fitness classes
- Child care for children under 12 years of age
- Guest passes included with membership
- Access to all Club amenities

AMENITIES

- Over 8500 square feet of cardio and resistance training equipment
- Men's and Women's Locker Rooms featuring dry saunas and digital lockers.
- Locker rooms for boys and girls, as well as family changing rooms.
- Group Fitness area
- Indoor, three-lane 1/12 mile walking track
- Three-court gymnasium
- Three racquetball courts
- 40-meter indoor pool and hot tub area
- Outdoor pool and splash park
- Cycling room
- Child care for kids ages 8 weeks through 11 years
- Pro Shop offering apparel and other items
- Club Café offering smoothies, recovery drinks and nutritional supplements

GROUP FITNESS CLASSES

- Ab Lab
- Aqua Zumba
- Boot Camp
- Cardio Fit
- Cardio Strength Training
- Cycling
- Dance Fusion/Dancer's Tone
- Foam Roller
- Mat Pilates
- Raise the Bar
- Step/Step Interval
- Switch
- Tai Chi
- Total Body Sculpt
- TurboKick
- Water Aerobics (Deep & Shallow)
- Yoga (Hatha, Senior/Gentle, Vinyasa)
- Zumba/Zumba Gold

Programs subject to change



FOR KIDS

- Kids Klub/Kidz Zone
- Kidz Fit classes
- Youth Weight Floor Introductory Program
- Additional fee-based programs including Kids Night Out, Game Night, Swim Team, Swim Lessons, Summer and Winter Camps, Birthday and Pool Parties

FOR SENIORS

- Silver Sneakers
- CardioFit
- Gentle/Senior Yoga
- Tai Chi
- Water Aerobics
- Zumba Gold

MEMBERSHIP RATES

| | |
|---------------|------------|
| Adult | \$39/month |
| Couple | \$65/month |
| Family | \$80/month |
| Senior/Youth | \$32/month |
| Senior Couple | \$58/month |

A 60-day notification is required to cancel or change memberships

APPLICATION FEES

- \$99/monthly membership
- \$79/6-month paid in full membership
- \$59/12-month paid in full membership

PAYMENT OPTIONS

- Monthly memberships are set up as a continuous draft to your checking, savings or credit card account
- 6- and 12-month paid in full memberships may be paid by cash, check, MasterCard or Visa

HOURS OF OPERATION

Monday - Thursday: 5 AM - 10 PM
 Friday: 5 AM - 9 PM
 Saturday: 7 AM - 9 PM
 Sunday: 10 AM - 6 PM

1801 Exeter Road • Germantown, TN 38138 • 901-757-7370
GermantownAthleticClub.org

MEMBERSHIP

★ APPLICATION ★

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Emergency Contact & Phone _____

Email Address _____

Gender _____ Date of Birth _____

Family memberships are defined as husband, wife and the children for whom they have legal custody. Children must be 18 years of age or younger. Children younger than 12 must be accompanied by an adult, 18 years or older, at all times. Full-time students ages 19 through 24 may be included in the family membership at a discounted adult rate, as long as a photocopy of a current student transcript or schedule is provided. Couple memberships are defined as husband and wife.

Name _____ Relationship _____ Date of birth _____

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Membership cancellation: Members must give a 60-day notice in order to cancel their membership. Account change requests must be received by the 20th of the month to take effect in the next billing cycle.

Germantown Athletic Club will not assume responsibilities for any injury incurred while participating in any athletic event, sports program or any physically related activity. Germantown Athletic Club is not liable for any lost or stolen items while program participants are using Club facilities or are on Club premises. I, the undersigned for myself, my heirs and assigns, do hereby release Germantown Athletic Club, its employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation.

Signature _____ Date _____

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